

Welcome to the
SUMMER SUSTAINABILITY CHALLENGE!

In this activity, you will have the opportunity to live as sustainably as possible and make a positive impact on the environment through different challenges. By participating, you will raise awareness about important environmental issues and learn practical ways to adopt sustainable habits.

Further down, you will find a list with different challenges that you can try out this summer.

Participants can choose as many challenges as possible to try throughout the weeks and **collect points** for themselves and for their school.

☺ **The winner with the most points from each country will get a prize again!** ☺

Try one of these challenges FOR A WEEK Document your experiences, challenges, reflections and any positive outcomes and achievements – so remember to take photos or videos of your week! These will be uploaded on our website and this way, you can inspire and educate others about sustainable living. Remember, this challenge is about creating positive change and making a difference – so if you want to, involve your friends and family in the challenge as well! **The more people you involve, the more points you get!**

CHALLENGES:

1. **Vegan/Vegetarian Diet:** Try out some plant-based foods and share your experiences and some yummy recipes you try.
2. **Zero Waste:** Reduce the amount of garbage you produce, recycle what you can, and find ways to reuse them. Write about how you did and any difficulties you faced.
3. **Transportation Alternatives:** Try using sustainable ways of getting around, like walking, biking, or taking public transportation. Count how many times you avoided using a car/moped and calculate the pollution you prevented by using this calculator <https://www.carbonfootprint.com/calculator.aspx>
4. **Live Plastic-Free:** Avoid using single-use plastics, like plastic bags and bottles, for the whole week. Use reusable containers and bags instead. Write about your experiences and any challenges you faced.
5. **Sustainable Fashion:** Try to make sustainable clothing choices! Buy secondhand clothes, swap with friends, or repair old clothes instead of buying new ones. Share your sustainable fashion ideas and what you've bought/created/swapped!
6. **Try to Pass on Your Outgrown Clothes** to someone who might need them (eg.: for charity or secondhand shops!).
7. **Mindful Consumption:** Think before you buy! Avoid unnecessary purchases and consider the environmental and social impact of the things you buy. Take a look at the products that you have at home or usually buy at the store - where and how are they produced? Compare with other similar products – which one is better? Research the products and document your findings briefly.
8. **Try to Recycle Materials** you find in your environment and prepare something useful from them. Share your ideas with us!

Instructions for writing your blog post:

1. Start by presenting which challenge/challenges you want to try out and why. How do you think it will go?
2. Take photos and write small notes on how each day has gone and what you have done.
3. At the end, write down your reflection on how you think the week went and if there was something you have learned and want to do more of.
4. Send everything to your teacher who will upload it to the website.